

CSU Health Network Student Mental Health and Substance Misuse Support Inventory

Updated 3/13/2023; Subject to Change

This inventory serves as a visual for CSU Health Network student mental health and substance misuse support, related to direct client care or client referral. See the Mental Health and Substance Misuse Prevention Summary for a comprehensive list of campus/community prevention efforts.

Counseling Services Initial Contact/Screening/Sorting  
Co-create Action Plan  
On-Call, Behavioral Health, Emergency Services

1	2	3	4	5	6	7	8	9	10
Digital Self-Help, Skill Building and Coaching Resources	Campus Self-Help Resources	Campus Mental Health Support Resources	CSU Health Network Support Resources	CSU Health Network Individual Single Session	CSU Health Network Therapy Group Programs	CSU Health Network Ongoing Individual Sessions	CSU Embedded Counseling	CSU Health Network Therapy Specialized/High Risk/Complex	Outside of CSU Health Network Scope of Care
<-- No CSU Health Network screening required -->				<-- Screening or Referral Required **-->					
<-- After-Hours/Emergency Care -->				<-- After-Hours/Emergency Care -->			<-- After-Hours/Emergency Care -->		

YOU@CSU Platform (health-related screenings, health education, skill building, goal setting and resources related to academics/career, physical/mental health and purpose/connection)

SilverCloud Skill Building Modules (Cognitive Behavior Therapy based; modules for depression, anxiety, social anxiety, depression and anxiety, resilience, positive body image, sleep, stress management; virtual coaching available to support completion)

Nod Strengthen Social Connections App

Meditation/Mindfulness Apps

Achieve Financial Wellness Skill-Building Modules

Rams Fail Forward Skill Building Resources

Ulfeline Mental Health Screening & Referral Prompt

Alcohol and Other Drug Screening with Resources and Referral Prompt

Marijuana Check Up to Go Screening with Personalized Feedback and Referral Prompt

CSU Health Network website

Not an exhaustive list.

**Academic Support** (The Institute for Learning and Teaching [ITILT], Writing Center, Academic Advising, Academic Advancement Center, etc.)

**Career and Job Exploration** (Career Center, Student Employment Services, etc)

**Community, Involvement and Connect** (Student Leadership, Involvement, and Community Engagement [SLICE], Ram Link, Student Orgs, Campus Events, Student Diversity Programs and Services [SDPS] Offices, International Programs, Fraternity and Sorority Life [FSL], etc.)

**Basic Needs** (Financial Aid, Rams Against Hunger, Legal Services, etc.)

**Health and Wellness** (Campus Rec, Medical Services, Health Education and Prevention Services, Center for Mindfulness, Student Case Management)

**Roommate/Relationship Difficulties** (Student Resolution Center, University Housing, Off-Campus Life, Women and Gender Advocacy Center, etc)

**Belief and/or Faith Communities**

**Student Disability Center** (accommodations)

Center for Family and Couples Therapy (Human Development and Family Studies Department) \$\$

Counseling & Career Development (School of Education) \$\$

Kendall Reagan Nutrition Center \$\$

Occupational Therapy (Assistant Technology Resource Center, Center for Community Partnerships)

Psychological Services Center (Psychology Dept)

Student Athlete Nutritionist

Student Case Management  
Trauma Resilience Assessment Center (Human Development and Family Studies) \$\$

University Housing and Dining Services Nutrition Program and Consultation (on-campus students only)

Women and Gender Advocacy Center (WGAC)

SERVICES

Ram Recovery Community

Still Point Reflection Space/Relaxation Pod/Biofeedback Technology

**WORKSHOPS**  
subject to change each semester:  
health.colostate.edu/groups-and-workshops

Anger Management

CannaBiz

Creating Change

Exploring Relationships After Trauma

Exploring Substance Use

Gender Socialization: Male-Identified

Mindfully Managing Stress

Reclaiming Intimacy After Trauma

Self-Exploration

Strengths

**COUNSELOR LIAISONS**  
(Student Diversity Program and Services, Academic Advancement Center, Adult Learners and Veteran Services and International Student and Scholar Services)

Behavioral Health

Counseling

Medical/Primary Care

Psychiatric Consult

Safety Planning/Crisis Intervention

Trauma Skills Group

Taming the Anxious Mind

Coming Out, Being Out, and Questioning Support Group

Transgender and Gender Fluid Support Group

Black, Indigenous and People of Color (BIPOC) Support Group

Dialectical Behavioral Therapy (DBT)-Tools for Success

Dialectical Behavioral Therapy (DBT)-Taking Next Steps

Alcohol and Other Drugs Support Group

Mindfulness/Meditation/Yoga

Body Positive

Depression Skills

Harm Reduction

Interpersonal Processing

Counseling

Psychiatry

Medical/Primary Care & Psychiatry Medication Management

Athletics Counselor (student athletes only)

College of Veterinary and Biological Sciences (CVMB) Counselor

Women and Gender Advocacy Center (WGAC) Interpersonal Violence Counselor

Veterans Integration to Academic Leadership (VITAL) Counselor (student veterans only)

iTEAM (post-hospitalization support)

Drugs, Alcohol and You (DAY) Programs \*\*

Disordered Eating Team

Multicultural Counseling Program (service available pending securing a sustainable funding source)

Transgender Care Team

Alcohol/Narcotics Anonymous 12 Step Programs

AlAnon/ACA

Attention-Deficit Hyperactivity Disorder Assessment \$\$

Certification for Medical Marijuana Registry Card

CSU Police Department Co-Responder Program

Emotional Support Animal (ESA) Evaluation \$\$

Inpatient Programs \$\$

Intensive Outpatient Programs and Inpatient or Partial Hospitalization \$\$

Learning Assessments \$\$

Modalities not offered by CSU Health Network (Eye Movement Desensitization and Reprocessing, Psychedelic Assisted Therapy, etc.) \$\$

A need or desire to be seen more than every 2-3 weeks for individual therapy and/or uninterrupted services from semester to semester

Overeaters Anonymous

Summitstone Case Manager Program

KEY:

\$\$ Additional cost not fully covered by the CSU Health Network Fee and Counseling Fee may apply.

\*\* Some DAY programs can be accessed through direct referral from Student Resolution Center (SRC)